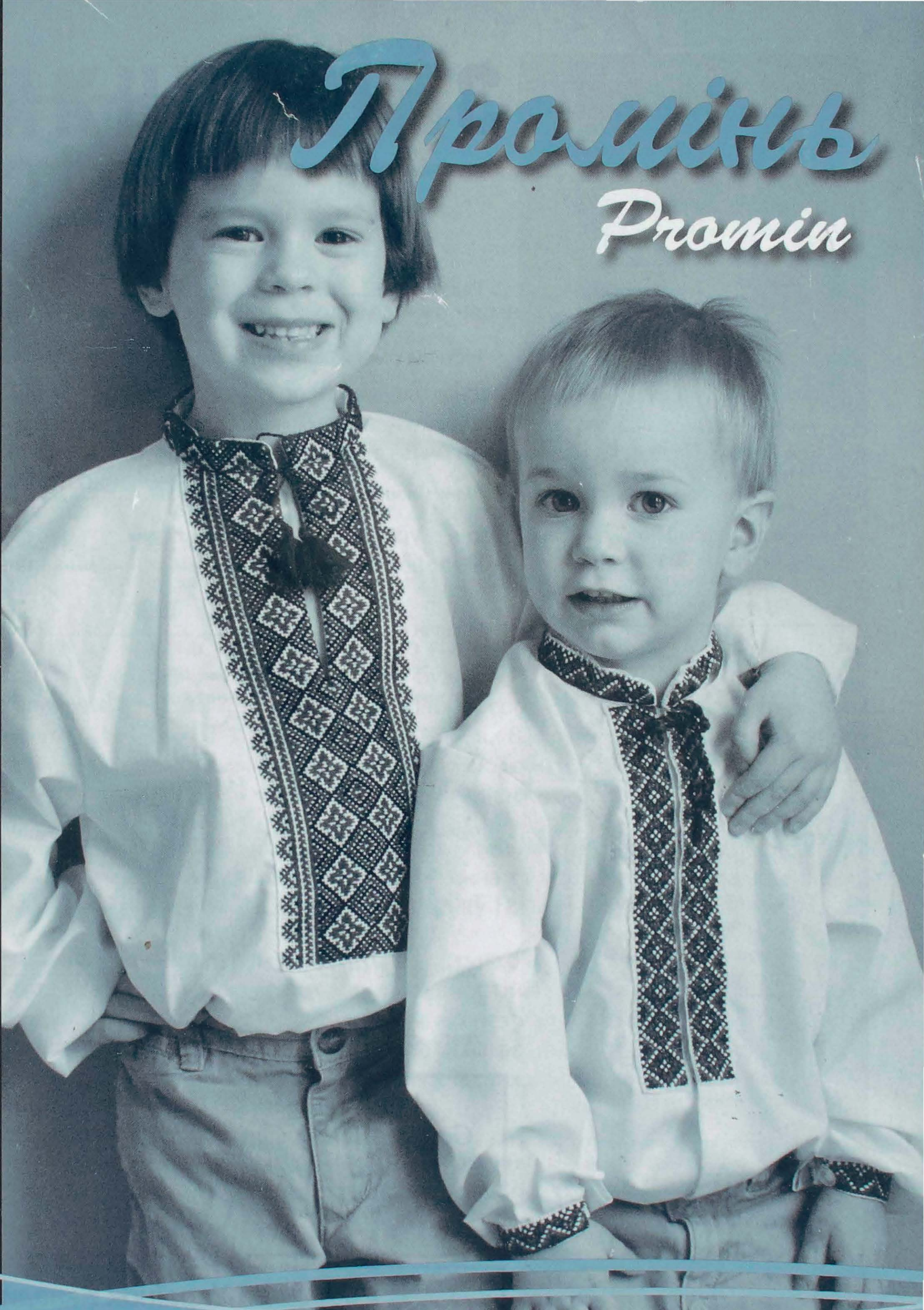
Промінь
Promin



Виховання християнинів
Raising Christian Kids

Ягоди
Berries

Будьмо в моді
Fashion Passion

Союз Українок Канади

August 2015/September 2015 Issue

ПРОМІНЬ

Виходить що другого місяця, видає СОЮЗ УКРАЇНОК КАНАДИ

Рік *LIV*
серпень - вересень 2015

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Canadä

Союз Українок Канади
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National Office
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Edmonton AB T5H 1H7

РЕДАКЦІЙНА

Дорогі Читачі!

Нарешті літо! Сонце сяє, всюди зелень, ідемо надвір, феєрверки, босоніжки, весілля, збираємо ягоди, варимо варення. Люба пора року! Закоротка.

У цьому числі "Променя", нам приємно розголошувати новини наших відділів, включаючи "Вечерю Салати", яка відбулася в Саскатуні, СК в місяці червні цього року. Може ваш відділ схоче влаштовувати такий вечір. Яка це здорова їжа! Тільки не забувайте подати соус окремо!

Подумайте піти збирати ягоди цього літа та спробуйте рецепти Вівіянни Скакун, щоб приготовити собі варення з них. Ягоди повні поживних речовин чими зможете годуватися протягом довгої зими.

А може в Вас весілля цього літа? Відвідуйте студію талановитої дизайнер, Католіни Тодорук. Її студія знаходиться в модному стародавньому будинку "Мерсер" у центрі міста Едмонтону. Погляньте на її інтернетську сторінку: www.todoruk.com. Католіна є онучкою покійної Марії Тодорук, довголітня членка СУК при Катедрі св. Івана. Вона із захопленням творить модне плаття, яке прикрашає унікально кожну клієнтку. Так любить свою роботу! Видно по ній, що закохана шиттям та старанням задоволнити своїм клієнтам. А полотна в неї чудові!

День Батьків навіяло нам думку представити серію статтей про виховання дітей в християнському дусі. Отець Петро Гоган, сам молодий тато Финна та Ноя Гоганів, провів семінар на цій темі в листопаді минулого року. Дивіться в сторінку 18, щоб прочитати його пораду.

З приходом вересня, починаємо організуватися на наступаючий шкільний рік. У наступному числі, подамо резюме 59-го З'їзду Союзу Українських Самостійників Канади, який відбудеться від 5-го до 9-го серпня, 2015 р. у Калгарі. Сподіємося, що результати цього З'їзду надихнуть усіх нас свіжими думками, щодо відновлення й переробки наших відділів Союзу, щоб вони краще віддзеркалювали теперішні потреби й прагнення сучасних канадських жінок українського походження.

Осінь! Холодний вітерець, падаюче листя, жакети, шкільний рік, режими, урожай. Сподіємося, що унадитеся читати журнал "Промінь" що два місяці цього року.

З сердечним привітом,

Леона Фарина Бриджес

Editorial

Dear Promin Readers,

Ah, Summertime! Warm days, greenery, outdoor activities, fireworks, sandals, weddings, berry picking and jams. What a precious season! And ever too short.

In this issue of Promin, we are pleased to feature more news from our branches, including an end-of-the-year Super Salad Supper held in Saskatoon, Saskatchewan. Your branch may wish to organize a similar "healthy option" event (just make sure to serve that dressing on the side!)

Consider some berry picking this summer, too, and try out some of Vivian Skakun's jam recipes. There are lots of healthy nutrients in them and you will reap their benefits throughout the winter months.

Got a special wedding to go to? Think about having an outfit designed by couturière extraordinaire, Kathleen Todoruk, whose studio is located in the old Mercer Building in downtown Edmonton. Visit her website: www.todoruk.com. Kathleen is the granddaughter of the late Mary Todoruk, a longtime member of UWAC St. John's Cathedral Branch. Her approach to fashion is both enthusiastic and passionate, and she loves to make her clients clothes that flatter them and that reflect their unique style. Her designs are intimately personal and the fabrics she employs are just gorgeous!

Fathers' Day inspired us to present a series of articles on "Raising Christian Kids" by Father Peter Haugen, a young father himself (in more ways than one!). Father Peter is raising Finn and Noah Haugen. See page 18.

As September approaches, we find ourselves planning for the upcoming year. In our next issue, we will present a summary of the USRL Convention to be held August 5-9, 2015 in Calgary. We hope it will provide you with ideas for renewing and adapting your Soyuz Branch to the needs and aspirations of today's Ukrainian Canadian women.

Ah, Fall! Cool breezes, autumn leaves, jackets, back-to-school, sign ups, routines, harvesting. May reading Promin become one of your routine habits this year!

Yours very truly,

Leona Faryna Bridges

Donations

- Elaine Amiot, Calgary, $25
- Olga Boykiw, Calgary, $25
- Catherine Dousko, Hamilton, $15
- Olga Makarenko, Etobicoke, $50
- Olena Pchilka Branch UWAC, Yorkton, $500
- Olha Kobylianska Br. UWAC, Sheho, SK, $25

Donations in Memory of...

- Helen Gaddows, October 1923 to April 2015, and Nellie Pawlik, May 1913 to April 2015, $50 from Lesia Ukrainka Branch UWAC, Winnipeg
- Jean Pawlyk and Olga Stelmaschuk, $100 from St. Michael's Branch, Edmonton
- Mary Shulga, 1925 to 2015, Whitby and Oshawa, $30 from Olga Goreglad
- Virginia Wereschuk, Sophie Bukuros and Anne Kucheray, $75 from Olena Pchilka Branch UWAC, Yorkton
- Mary Dmytruk, $25 from Olena Pchilka Branch UWAC, North Battleford
  *This donation originally appeared in our April~May 2015 issue as Mary Domytrak of the Olena Pchilka Branch, Yorkton. Our sincere apologies for the error and the confusion!

May their memory be eternal!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents; and we are honoured by, and thank you for, your support.

DEADLINES!

Please note that the deadline for submissions for our October - November issue is
August 20, 2015.
Future submission deadlines will fall on or around the 20th of every second month should you wish to plan accordingly.
For more information contact:
bridgesl@telus.net

News from Geraldine Nakonechny, UWAC National President

Pride in Our Members

As summer comes to a close and the fall season begins, Ukrainian Women's Association of Canada (UWAC) members typically plan projects and activities for the next church year. Reflecting on the past year, UWAC branches can be very proud of their achievements. It has been an incredible year! Let me give you a few highlights.

With 41 of 47 branches reporting, it is clear that the first priority of our members is to preserve their faith. They donated $505,000 as well as many hours of time to the preservation and upkeep of the Ukrainian Orthodox Church of Canada.

Also demonstrated by the membership was the importance of preserving culture through the collection of artifacts placed in Ukrainian museums, Ukrainian language classes, youth camps, choirs, and dance groups. Collectively, in the past year, UWAC branches contributed $35,500 for the preservation of Ukrainian culture.

UWAC members also demonstrated compassion for the citizens of Ukraine and their extreme struggle for democracy and sovereignty. Projects and activities undertaken by UWAC members were varied and I will share a few examples. The Lesia Ukrainka Branch in Vancouver participated in a community project to bring 20 youth from Ukraine, who were orphaned because of the war or were recovering from trauma suffered during this crisis. This allowed the youth to recuperate and learn the English language. Many branches raised money for essentials such as food and clothing for the displaced because of war. Orphanages and Safe Homes were supported, and medical supplies were purchased for hospitals caring for the wounded. A donation was made toward the development of a "Post Traumatic Stress Disorder" learning module for health professionals in Ukraine. Alberta UWAC branches continued to provide scholarships for deserving students in the Sokal region of Ukraine who are entering post secondary studies. These are just a few examples of the many contributions made by UWAC members to the people of Ukraine during this extreme time of need.

As we focus on the next year and work toward future success, we must not lose sight of the needs of members. They need to be valued and appreciated. We can all play a role and ask ourselves the following:

- Am I willing to listen to the input and suggestions of others?
- Am I receptive to new ideas?
- Do I have the patience to assist others who may not have the same skills?
- Do I take an interest in members, young and old? Do I care about them?

These are just some of the strategies that can make people feel valued.

Most UWAC branches hold annual member appreciation functions and this is excellent, but let us not forget the human need for recognition more than once a year or once in 25 or 50 years. Successful organizations have pride in their people and value them throughout the year.

Resources Available from National Office

Smoloskyp - $10.

Add-On Pins for every five years of membership from 5 to 80 - $5 each.

Certificates of Recognition - $5.

Welcome Package contains UWAC brochure, Smoloskyp and Bookmark, Short History of UWAC, Constitution and Bylaws, Protocol for holding candles and flag, and sample issue of Promin - $20.

My Icon Book - $20

Short History of UWAC by Zennia Yuzyk - $6.

A Child's Companion - $10

For Our Children - $15.

Geraldine Nakonechny

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Dear Mrs. Leona Bridges,
Христос воскрес!
Воістину воскрес!
I really enjoyed the April~May issue of Promin. I especially liked the article entitled "Pioneer Reminiscences of Ukrainian Orthodox Easter". Could you print more pioneer life articles? I think they are very important to our Ukrainian Canadian heritage. With grateful best wishes for the fine work you do,

Anna Trojan,
Mississauga, ON

To Promin,
Please renew my mother, Olga Stelmaschuk's Promin subscription in my name. She was a UWAC member for 72 years. As well, she subscribed to Promin. She passed away on April 6, 2015. I shall carry on her legacy. May her memory be eternal!

Sandy Sawchuk,
Edmonton, AB

Dear Editor,
Here is my subscription renewal and a donation to Promin. I enjoy the new look and the contents of the magazine. Best wishes,

Nadia Dankowich,
Oakville, ON

Високоповажна пані Леоно й всі Членки Редакції "Променя"!
Сердечно Вас усіх поздоровляю і хвалю за наукову і розумну "Редакційну", яка поміщена в числі на квітень-травень 2015 р. Я передплачую "Промінь" ще від 1964-го року й він у цей час видається на високому, високому рівні!
Мені дуже потішаюче прочитати всі наукові статті та новинки подані іншими відділами. Маємо багато жінок талановитих, освічені в різних професіях, щирих, працьовитих, які гідно представляють українців перед всіх інших народів.
Нехай Вас Усіх Господь Бог благословить на многі й благі літа! Дай Боже Вам міцного здоров'я, багато витривалости і багато успіхів у Вашій праці.
У цей Пасхальний період висилаю Вам пожертву-писанку на пресовий фонд "Променя" в пам'ять мужа, Василя, який відійшов у вічність 22-го травня, 2014 р.
Ще раз поздоровляю і остаюсь з пошаною,

Параскевія Семенюк,
Йорктон, СК

Карла,
Бажаю тобі й шановній Редакції найкращих і щасливих успіхів на будучність.
Щасти Вам Боже!
З пошаною,

Олеся Піць,
Референтка Променя, СУК,
Йорктон, СК

PS: On May 5, I had the opportunity of a lifetime to visit the MIM (Musical Instrument Museum) in Phoenix, Arizona. My sons, Dave and Pat, daughter, Donna, and son-in-law, Andy, and I enjoyed the music and displays very much. I truly recommend a visit. (Olecia Pitts)

Do you have something to say? We look forward to hearing from you!

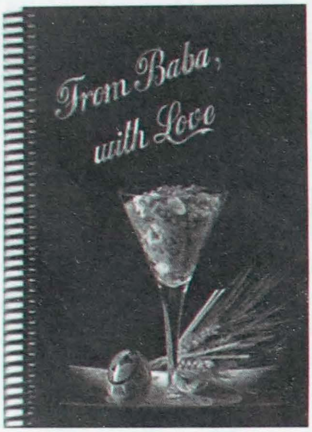
bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

Cover image: ***Noah & Finn Haugen***
Photo by Dobr. Erin Haugen

Back cover image: ***Todoruk Designs***
Sculpted shrug jacket, devore silk blouse, and selvage culottes. Photo by Heiko Ryll.



Published by:

Ukrainian Women's Association of Canada Hanka Romanchych Branch Saskatoon, Sask.

This 330 page, coil bound cookbook features:

- 52 pages of spiritual, cultural and folkloric descriptions of selected feast days and sacraments.
- A collection of home-tested family favorite recipes reflecting Ukrainian Traditions..
- Original photography and illustrations.

Cost is $35.00.
If you wish to order for shipping , there will be charges.
Also available - 12 books per box for fundraising or bulk orders.

To Order: U.W.A.C. Hanka Romanchych Branch
Box 21067, PO Grosvenor Park
Saskatoon, Sask., S7H 5N9
Phone: 1-306-374-7675
Email: ssokyrka@gmail.com

Не вернуться мої літа*

Ой, верніться, мої літа,
Літа молодії,
Щоб я ще раз погуляла,
Юности зазнала.

Щоб я ще раз, як та рожа,
В садку процвітала,
Щоб я ше раз, як та пташка,
Весело співала.

Щоб я ту весну прекрасну
З запалом вітала,
Щоб я ще раз з подругами
У садку співала.

Не вернуться мої літа,
Навіки пропали,
Що так скоро, непомітно
При праці минали.

Не вернуться верчорниці,
Що ми колись мали,
Не вернуться наші друзі,
Що з нами гуляли.

Проминула та молодість,
Як весна минає,
Проминуло наше літо,
Вже осінь вбігає.

А на осінь ми мусимо
Вже скарби придбати,
Щоб без сліду не довелось
Цей світ покидати.

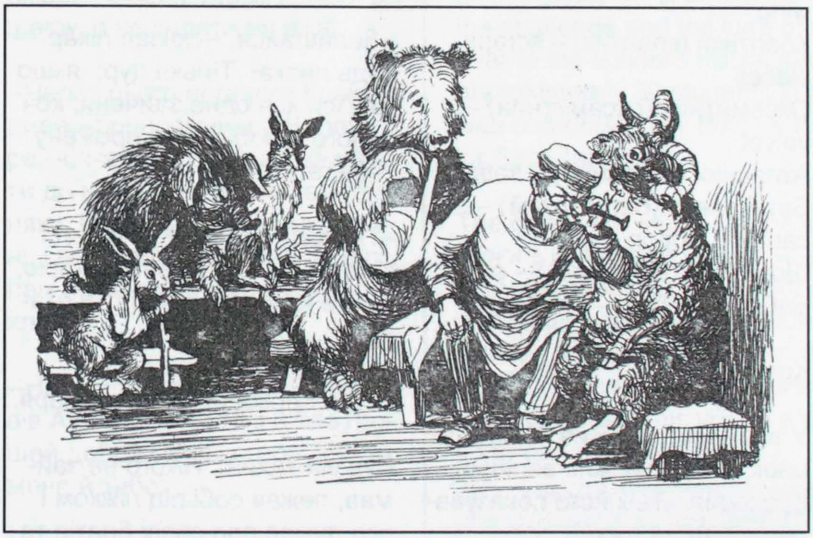
Щоб Вкраїні залишити
Дарунок гарненький,
А родині залишити
Хоч спомин миленький.

На мої уродини,
16 березня 1962 р.
Університетський Шпиталь, Едмонтон
Дарія Могилянка

*Із збірника Думки летять на Україну, Народні вірші написані відомою членкою Союзу Українок Канади, Дарією Яндою.

Рідне Слово

Подаю продовження оповідання написане Корнієм Чуковським в російській мові. Переклад з російської написала Наталя Забіла. Малюнки Віктора Слищенка. Це оповідання видало Видавництво ЦК ЛКСМУ "Молодь" у Києві 1955 р. Воно було написано для дітей дошкільного віку, але також добрий текст для навчання української мови дорослими.



Лікар Айболить

Частина Перша – Подорож до країни мавп

Лікар Айболить за Роботою

Щодня до лікарні приходили звірі лікуватися. Лисиці, кролі, тюлені, кабани, верблюденята—всі приходили до нього здалека. У того болів живіт, у того зуб. Всім їм лікар Айболить давав ліки, і вони одразу видужували.

Одного разу прийшло до лікаря безхвосте козеня, і лікар пришив йому хвіст.

А потім з далекого лісу прийшла, вся в сльозах, ведмедиця. Вона жалібно стогнала й пхикала: з лапи в неї стирчала велика колючка. Лікар витяг колючку, промив рану й помастив її своєю чудодійною маззю.

Біль у ведмедиці в ту ж хвилину пройшов.

--Чака!—закричала ведмедиця і весело побігла додому—в рідне лігво, до своїх ведмедяток.

Потім до лікаря приплентався хворий заєць, якого мало не загризли собаки. А потім прийшов хворий баран, який дуже застудився й кашляв. А потім прийшли двоє курчат і привели індика, який отруївся грибами поганками. Кожному, кожному лікар давав ліки, і всі в ту ж мить видужували, і кожен казав йому "чака".

А потім, коли всі хворі пішли собі, лікар Айболить почув, ніби щось шарудить у нього під дверима.

--Увійдіть!—гукнув лікар.

Тут метелик увійшов та заквилив: --Я на свічці собі крильце обпалив. Поможи мені скоріше, Айболить. Дуже крилечко обпечене болить!

Лікар Айболить пожалів метелика. Він узяв його двома пальцями, поклав на долоню і довго розглядав обгоріле крилечко. А потім усміхнувся й весело сказав метеликові:

--Не журися, друже мій! На бочок лягай мерщій. Полікую вмить тебе і пришию голубе, чудове, шовкове крилечко!

І пішов лікар до сусідньої кімнати і приніс звідти цілу купу різноманітних клаптиків—оксамитних, атласних, батистових, шовкових. Клаптики були різноколірні: голубі, зелені, чорні. Лікар довго рився в них, нарешті вибрав один—яскраво-синій з червоними цяточками. І зразу є викроїв з нього ножицями чудове крилечко і пришив його метеликові.

Тут метелик вмить зрадів,
Танцювати полетів
Разом з бабкою та бджілкою
Під березовою гілкою.

А веселий Айболить
Із вікна йому кричить:
--Добре, добре, веселись,
Тільки свічки бережись!

Так порався лікар коло своїх хворих аж до пізнього вечора.

Увечері він приліг на диван і солодко заснув, і йому стали снитися білі ведмеді, олені, моржі.

І раптом хтось знову постукав до нього в двері.

Словник

Тюлені (тюлень) – seals
Видужували (видужувати) – recovered
Пхикала (пхикати) – whimpered, snivelled
Колючка – thorn, barb
Лігво – den
Приплентався (плентатися) – shambled in
Отруївся (отруїтися) – poisoned himself
Шарудить (шарудіти) – rustled
Крильце, крилечко – wing, little wing
Клаптики (клаптик) – scraps, pieces
Оксамитних (оксамитний) – velvet
Атласних (атласний) – satin
Батистових (батистовий) – cambric, cotton
Шовкових (шовковий) – silk
Бабкою (бабка) – dragonfly

Крокодил

У тому місті, де жив лікар, був цирк, а в цирку жив великий Крокодил. Там його показували людям за гроші.

У Крокодила заболіли зуби, і він прийшов до лікаря лікуватися. Лікар Айболить дав йому чудових ліків, і зуби перестали боліти.

--Як у вас гарно!—сказав Крокодил, озираючись на всі боки та облизуючись.—Скільки тут зайчиків, пташок, мишей! І всі вони такі гладенькі, смачненькі! Дозвольте мені залишитись у вас назавжди. Я не хочу повертатись до господаря цирку. Він погано годує мене, б'є, знущається.

--Залишайся, --сказав лікар.—Будь ласка! Тільки цур: якщо ти з'їси хоч одне зайченя, хоч одного горобчика, я прожену тебе геть.

--Гаразд,--сказав Крокодил і зітхнув.—Обіцяю вам, лікарю, що не їстиму ні зайців, ні птахів.

І став Крокодил жити у лікаря.

Був він тихий. Нікого не займав, лежав собі під ліжком і все думав про своїх братів та сестер, що жили далеко-далеко, в гарячій Африці.

Лікар полюбив Крокодила і часто розмовляв з ним. Але лиха Варвара терпіти не могла Крокодила і вимагала, щоб лікар прогнав його.

--Бачити його не хочу!—кричала вона.—Він такий огидний, зубатий. І все псує, до чого не торкнеться. Вчора він з'їв мою зелену спідницю, яка валялася в мене на вікні.

--І добре зробив,--сказав лікар.—Одежу треба ховати в шафу, а не кидати на вікні.

--Через цього поганого Крокодила,--продовжувала Варвара,--багато хто боїться заходити до нас. Приходять самі бідняки, і ти не береш з них платні, і ми тепер так збідніли, що нам нема за що купити собі хліба.

--Не треба мені грошей,--відповів Айболить.—Мені й без грошей добре. Звірі нагодують і мене й тебе.

Продовження буде в наступному числі.

Словник

Цирк – circus
Тільки цур! – But hey!
Обіцяю (обіцяти) – I promise
Терпіти не могла – couldn't stand him
Псує (псувати) – ruins
Валялася (валятися) – was hanging around
Бідняки (бідняк) – poor people

Students of Ralph Brown School in Winnipeg Collected 755 Books for Schools in Ukraine – Project "Liubov"

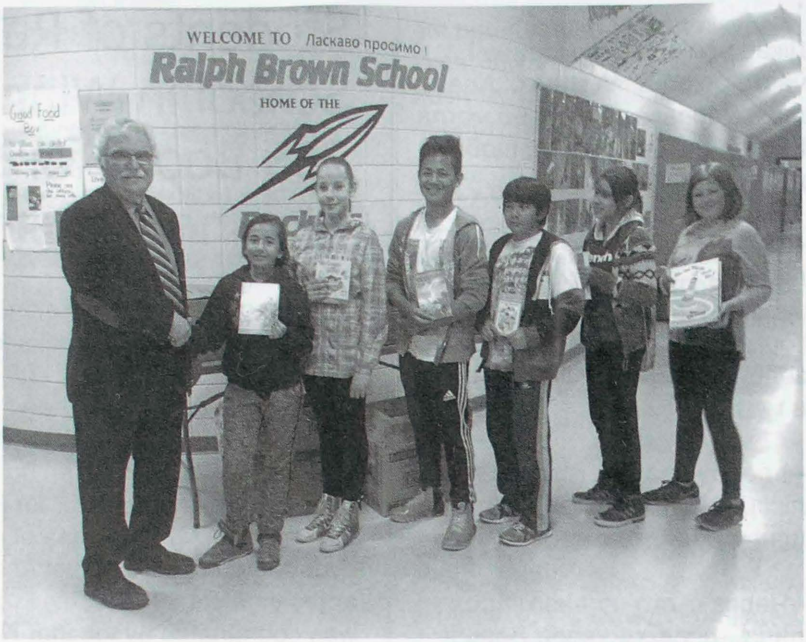
(Winnipeg) Students at Ralph Brown School in Winnipeg have collected 755 English books for various schools in Ukraine that are supported by "Project Liubov-Love" (PLL), a Canadian based NGO that assists needy children/youth and institutions in Ukraine. The idea was presented to Principal Randy Routledge in the spring of 2015 when he was contacted by Roman Yereniuk, Project Co-ordinator for PLL. Routledge readily accepted the challenge and the idea of collecting the books was turned over to the school's Social Action Committee consisting of approximately 30 students in grades five and six. Their work was coordinated by teacher Kristin Grey and guidance counsellor Sara Tarrant.

The books are slated for the libraries of 12 schools in various regions of Ukraine (about 60-70 books per school), to supplement the reading material for students studying English as an additional language. Yereniuk mentioned that in Ukraine many schools teach English as an additional language but are always short of enrichment readers so that children can enhance their reading skills. "This will be a major addition to their school libraries," said Yereniuk.

Principal Randy Routledge (far left), six students of the Social Action Committee and Teacher Kristen Grey (back row on the right) with the boxes of donated books.

The students of Ralph Brown made the presentation on May 14, 2015 and were very happy with their accomplishments and revelled that at the beginning, they never thought they could collect so many books. One student added "It was very easy to get good quality books and that just about everyone in the school donated several."

Ralph Brown School is located in Winnipeg's north end and has 240 students from K – 8. It houses the Ukrainian English Bilingual program for 71 students and also provides a major Aboriginal education focus.



Social Action Committee members presenting the first books to Roman Yereniuk, Co-ordinator of" Project Liubov-Love" (far left).

"I am proud of the work of the social action committee and the many students (along with their parents) that donated books," said Principal Randy Routledge. "This was certainly a project of 'sharing' and social action with the schools and youth of another country." Students of the Ukrainian Bilingual Program also provided art embossed book marks for the youth in Ukraine. The books were crated and sent out in late May and will arrive before school is out for the summer. Each parcel contained a letter, requesting a response from the receiving schools and students. Yereniuk pointed out, "It will be interesting to hear about the reaction of Ukraine's schools to the gifts of love from Ralph Brown School and who knows this may become a truly sharing project!"

Erin Haugen
Visual Artist

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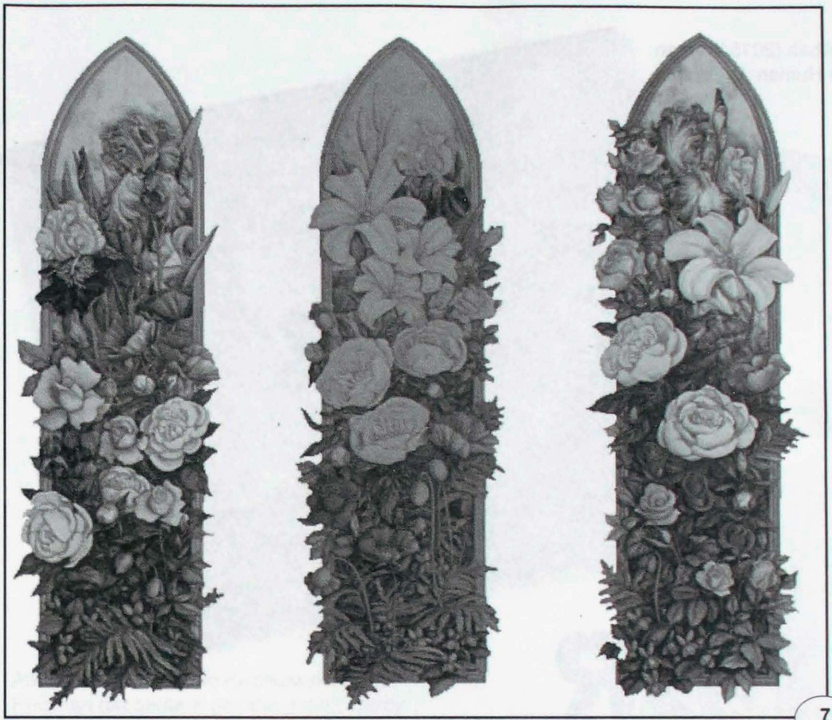
Image: *Epitome*, Acrylic on Canvas.



7.

13.

1. *Genesis*
27" x 14.5"
$300.00
$150.00

2. *Aaron's Robes*
22.5" x 3.5"
$75.00
$37.00

3. *The Lord's Light*
22.5" x 13.5"
$150.00
$75.00

4. *Rose of Sharon*
22.5" x 8"
$100.00
$50.00

5. *Song of My Beloved*
16" x 22.5"
$150.00
$75.00

6. *Psalm 104*
6.5" x 23"
$125.00
$62.00

7. *Paradise (Monk's Garden)*
16.5" x 16.5"
$200.00
$100.00

8. *Basil's Blessing*
22.5" x 5.5"
$100.00
$50.00

9. *The Vine of Life*
10" x 4.6"
$50.00
$25.00

10. *Everlasting Love*
22.5" x 5.5"
AP's: $200
$50.00

11. *Christ's Passion*
22.5" x 6.3"
$100.00
$50.00

12. *From the First Temple*
6.25" x 10"
(matted)
$75.00
$37.00

13. *Sanctuary*
10.5" x 23"
$150.00
$75.00

Watercolours by
Larisa Sembaliuk Cheladyn
For sale by Founding Sponsor:
UWAC - Alberta Provincial Executive

Flowers of the Bible

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Prints are shrink wrapped on foamcore board. Shipping sizes are larger.
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Save shipping costs - PICK UP in Edmonton!

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Right: L-R Cec Kachkowski VP, Mary Kolibab (2015 Woman of the Year recipient), Mary Humen, President.

NEWS FROM OUR BRANCHES

Hanka Romanchych UWAC, Saskatoon

SUPER SALAD SUPPER

Every year, the UWAC Hanka Romanchych Branch, under the auspices of All Saints Church in Saskatoon, holds a year-end get-together, where participating members bring their favourite salads and celebrate the end of their church and branch-related work for the year.
As always, an invitation to join them for fun and fellowship is extended to their sister Branch of Olha Kobylianska at Holy Trinity Cathedral. This year, fifty-seven women were hosted in the church auditorium. Very Rev. Peter Wasylenko, parish priest, opened the supper with a prayer and then, everyone helped themselves to many different and delicious salads prepared by all of the women. A variety of wines and punch were served with the Supper.

The June supper is also the time that the Woman of the Year is announced. This person is chosen by a vote for someone who has contributed many volunteer hours to our organization. This year our Woman of the Year was Mary Kolibab. Mary has contributed over fifty years to the

Below: Mary Humen President with Annie Olineck, (getting her 70 year pin), niece Ila Woroniuk.

Above: L-R (back) Cec Kachkowski, Kelly Huisman (presenter& grandaughter), Darcy Huisman (mother), Mary Humen.
Front- Ann VanDerwahl, (sister), Mary Kolibab (Woman of the year recipient, 2015).

UWAC, joining the branch in St. Julien, SK. in 1960 before moving to Saskatoon, in 2003.

As a cultural component, Mary's granddaughter, Kelly Huisman, presented her high school essay on the history of her Ukrainian ancestors. Our president, Mary Humen, also gave a short overview of the recent Saskatchewan Orthodox Women's Retreat held at Queen's House in Saskatoon at the end of May.

As a small fundraiser, we sold 50/50 tickets, and this year the fortunate and very happy winner was Carol Shinkewski, from the Olha Kobylianska Branch. Half the winnings went to her and the other half to our branch.

The evening ended with a few jokes and funny stories, and the singing of "De Zhoda Vrodyni", "Where there is Peace and Harmony in the Family". We celebrate this event with our dedicated members and our sisters in our UWAC and church family, and close the chapter on another worthwhile and fruitful year.

Respectfully submitted by,
Sonia Sokyrka

UWAC St. John's Branch
SPEAKER SERIES #2

Orysia Tracz was born in Germany after the Second World War to Vasyl and Sofia Paszczak, and began her life in a Displaced Persons camp. From an early age, Orysia showed herself to be a precocious child (exhibiting unusually mature mental development from an young age).

Her family emigrated to the United States in 1949 and settled in New Jersey, where Orysia was quickly immersed in the Ukrainian community, attending a parochial school, joining SUM and attending Ridna Schkola.

In school, she excelled at "uncool" things: the German Club, Library Council, the debating team and National Honor Society, and when she graduated in 1963, she was voted the most likely to succeed. Later that year, she enrolled in political science at George Washington University and graduated with a Bachelor of Arts degree.

She met her husband at Soyuzivka resort and they married there in 1967. Myroslaw then accepted a one-year posting to a Sioux Indian reservation where Orysia taught school. In 1968, they moved to Winnipeg which continues to be their home and where they raised their three boys - Boyan, Dobryan, and Ruslan.

Mrs. Tracz retired in September 2010 from collections management at the University of Manitoba libraries. She is a writer, researcher, lecturer and translator, specializing in things Ukrainian especially ethnology. She has translated at least 10 books on Ukrainian costumes and folk art from Ukrainian into English, has

written numerous articles for Canadian and American publications and enjoyed a wide audience for her commentaries on the Ukrainian program on CKJS Radio.

Orysia is a columnist for The Ukrainian Weekly, an award-winning international newspaper published in New Jersey. She has lectured across North America, Australia and Ukraine, and she leads an annual Folk Art and Culture Tour to Ukraine. She has served on the Winnipeg Library Foundation Board for many years and she is a member of the International Holodomor Committee.

More recently, Mrs. Tracz translated the book Pinzel's Mystery by Vera Stetsko, for the Pinzzel sculpture exhibition at the Louvre in Paris and she was the curator for the travelling exhibition across Manitoba commemorating the 200th Anniversary of Taras Shevchenko's birth. She is now writing the 50th Anniversary Book for Winnipeg's Rusalka Dance Ensemble and she is preparing to publish "First Star I See Tonight", a collection of her many articles on Ukrainian Christmas traditions. She is an incredibly tireless and accomplished leader in our community.

Orysia was invited to come to Alberta by the Alberta Council for the Ukrainian Arts. Along with TYC Edmonton and UWAC St. John's Branch of Edmonton, ACUA arranged for her to speak on the delicate subject of "Eroticism in Ukrainian Folksongs" on May 23, 2015 at St. John's Institute in Edmonton. Those who attended were treated to a beautiful dinner accompanied by wine followed by Orysia's carefully researched presentation. Much chuckling was heard and for those in attendance, Ukrainian folk songs will never be the same!

A Kalyna Country Tour will take place in September as part of the Speaker Series. It has become an annual event.

Christine Zwozdesky and Leona Bridges

УСІ МИ РІЗНІ, АЛЕ УСІ МИ ОДНО

Відділ кн. Ольги при Катедрі св. Володимира в Торонті

У неділю, 7 червня, 2015 р., членки Союзу Українок Канади відділ св. кн. Ольги при Катедрі св. Володимира в Торонто, як також декілька членів нашої громади (запрошували усіх), а ще членки С.У.К. ім. Софії Русової (з собору св. Димитрія на Лейкшор) провели дуже приємний час.

UWAC Dominika Ohienko Branch, Lac La Biche

PUSHCHENNIA

It is the tenth year that the UWAC Dominika Ohienko Branch, Lac La Biche Parish District, AB has organized Pushchennia for all its parishioners. On the last Sunday in February, 2015, ladies prepared 12 kinds of varenyky. There were many door prizes to be won, brought from home by the ladies. This year's main prize was a beautiful quilt made by Josie Pysyk and Jeannette Onischuk. The supper is very popular. Friends and neighbors are invited to attend and enjoy it very much.

Дирекція Музею С.У.К. Онтарська Філія,що в Інституті св. Володимира, запросила нас на обід, як також оглянути нову виставку: "Різні, проте разом" Частина 1 "Народня ноша із земель західних кордонів України."

Передовсім треба сказати, що обід був дуже смачний. Велике "браво" новим працівникам кухні, а передовсім головному кухареві.

Після обіду ми перейшли до залі музею. Я завжди захоплювалась українською вишивкою. Взори, кольори, розміщення вишитих частинок є так різноманітне, кольори ниточок добрані так артистично, взори просто чудові. А ще завжди подивляю докладність, можна сказати точність роботи – вишивок. Кожний хрестик вишитий тільки на дві нитки і нема жодної помилки, жодного скривлення, більш акуратно чим на машині.

Ми подивляли одяг з західних частин українських земель: Полісся, Волині, Опілля (Львівщина), Бойківщини, Лемківщини, Закарпаття, Гуцульщини, і Буковини. В центрі Лемківська експозиція.

Куратор виставки п. Дарія Дяковська докладно, цікаво розповіла про кожну частинку одягу, про кожний взір. Ця виставка є якби продовженням попередньої – тобто "Маминої сорочки".

Вона розказала про багатство і різноманітність краси українських земель, на котрих тамтешні люди творили ці прекрасні речі. Запевне кожна область виробила власний стиль, взори, візерунки.

Багато різноманітних чинників мало вплив на сформування тих чудових речей і вони усі різні, але усі вони так само прекрасні.

Народ творять різноманітні люди. Ці люди творять культуру того народу, і матеріяльну, і духову.

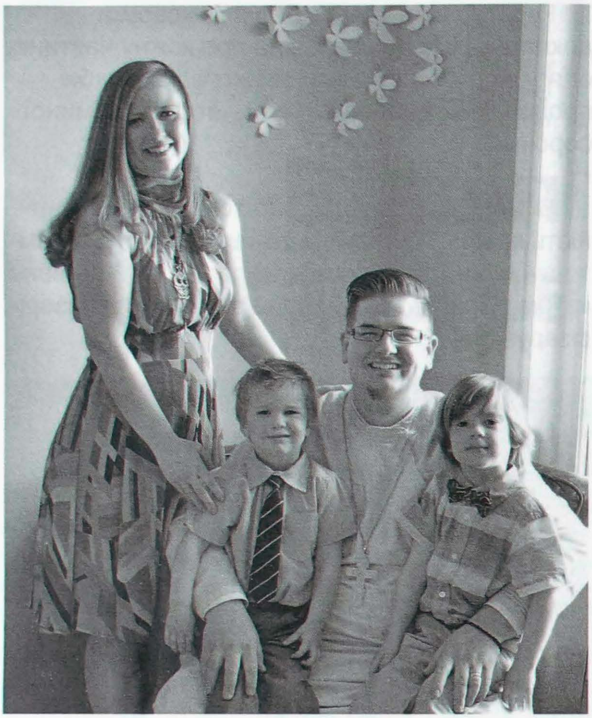
Український народ це—один народ, одна культура. Усі ми різні, але усі ми одні!!!

Євгенія Мельничук, Пресова референтка відділу.

Союз Українок Канади, Відділ Домініки Огієнко - Пущення

Союз Українок Канади ім. Домінікі Огієнко в окрузі Лак Ла Біш, провінції Альберти, вже 10 раз організував вечерю в часі "пущення". Жінки приготовили 12 різних родів вареників і в останню неділю місяця лютого, 2015 року, запросили цілу округу, а також знайомих і сусідів. Також відбулась розігравка, якою головна нагорода цього року була ковдра вшита Джосі Писик і Дженет Онищук.

Dobr. Teresa Domaradz,
Branch President



Since being transferred from the Vancouver Island Parochial District in August of 2013 where he spent 4 years, Father Peter is currently serving the Bonnyville/St. Paul Alberta District of the UOCC. Father Peter looks after a number of parishes in the area including Kiev's K Hi Ukrainian Orthodox Youth Camp where he spends multiple weeks overseeing the camp's religous instruction during the summer. He resides with his wife Dobr. Erin and two sons Noah (age 5) and Finn (age 3) in St. Paul, AB.

Raising Christian Kids

(Notes on a seminar by Father Peter Haugen on November 15, 2014)

To raise Christian children, parents must know, at least, the basics of Christian teaching so they can teach their children. Orthodox parents today have many sources to help them learn and then teach these precepts to their children. A knowledge of the sacraments and of the basic teachings of the Church – what they are and why they are important – is absolutely necessary in beginning this process with one's children.

Infant baptism is the fundamental Orthodox sacrament, both preceding and being necessary for receiving all other sacraments. Baptism is a carry-over from the ancient Jewish rite of cleansing everything from tables to clothes as well as bodies. Christian baptism takes two distinct forms: believer baptism and infant baptism. Most Protestants practice believer baptism, requiring a person to make a voluntary commitment to follow Christ's teachings. It is almost always by complete immersion in water, and most do not believe baptism is necessary for salvation. Protestants point to the Bible, which does not show any instance of infant baptism and stress that the person must have reached, what they consider to be the age of accountability, with this age varying from 7 to 18 years.

Orthodox Christians, Roman Catholics and a few protestant sects practice infant baptism. Such baptism was almost universally practiced by Christians in the first centuries of the Church. However, a couple of scholars mused that an infant cannot confess his sins and be forgiven, so why baptize a him? Nonetheless, there was no real objection to infant baptism until the Protestant Reformation. Although believer baptizers point to the lack of infant baptism in the Bible, there are several references to "households" being baptized (Cornelius, Acts 11:13-14; Lydia, Acts 16:15; the jailer, Acts 16:33; Crispus, Acts 18:8; Stephanas, 1 Corinthians 1:16). In each of these households, there would have been children and/or infants, as well as adults, that did not yet believe in Christ. Nevertheless, the head of the household became a believer, was baptized and had all the members of the household baptized. They then received instruction in the faith. Notice that in each of these cases, only one person was a believer although all were baptized. In

any icon of the Baptism of Kievan Rus, you will see adults, children and some of the adults in the water holding infants.

Why should we NOT baptize an infant and teach him the rudiments of faith? "I don't want to indoctrinate my child," some say; or a variation: "I'll let him decide matters of faith for himself when he's an adult." This reasoning is very odd, since we do not allow the child to decide where he will live or what language he will speak or what culture he will be raised in or what schooling he will have or what hobbies and interests he will engage in, particularly in the early years. Why is it only in the matter of faith that some parents want the child to decide what to believe, but neglect to give him any basis on which to make that decision? The decision to raise the child in the church must be made by the parents.

In the icon of Christ's first steps, His trust in the Theotokos is evident. Orthodox faith is personal, but it cannot remain personal; since we are called to witness to others of our faith. As every toddler has faith in his parent, so we must have faith in God, our Heavenly Father, and that faith in God grows within the community of the church. A child's understanding of faith begins in the family with his faith in his parents and his siblings and his grandparents, then in friends and others. Family helps us to connect with heaven and earth, the past and the future, with saints and angels.

As soon as possible after baptism, a child should be exposed to the full life of the Church. He should be taken for communion weekly. He should see his parents and others at prayer often, in the church and in the home. He should see adults fasting and should be told why they do this, and he should take part in small ways until he is mature enough to fully take part. He should learn about the various feast days, both major and minor. He should attend and take part in the various church services from an early age: divine liturgy, vespers, panakhyda. He should understand why we use incense in every church service, as well as why we observe cultural traditions, such as having kolachi and fruit at our memorial services. Exposing children to these things gives them the tools they need to make an intelligent and informed choice to follow them later in life.

In baptism, we are taking part in the life and death of Christ; and baptism is needed to take part in the other sacraments of the Church so that we may grow as Christians into "the stature of the fullness of Christ" (Ephesians 4:13) and to acquire the "mind of Christ" (1 Corinthians 2:16, Philippians 2:5). Full participation in those sacraments is needed to achieve salvation and the state of theosis (the state of Christ after His resurrection). Adult converts (catechumens) spend some time learning about the faith and preparing to enter the Christian community and the Life of Christ through baptism. For an Orthodox Christian, baptism is the first step in a lifelong journey of growing in these three areas, and being active in the Church means living the faith through daily practice.

Carla Kozak

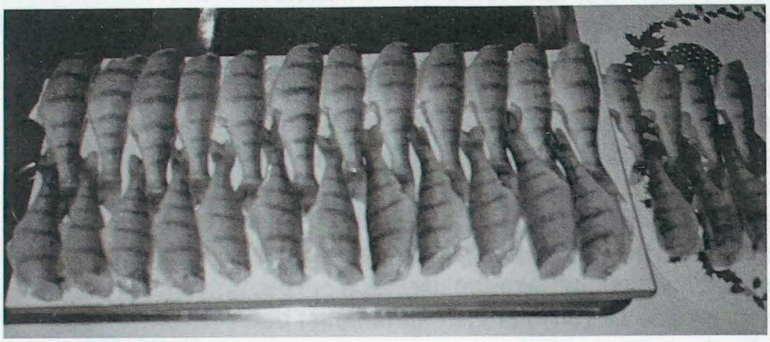
More about Father Peter Haugen:

Education:
Bachelor in Theology - St. Andrew's College
Ordination:
Diaconate -December 9th, 2007 -
St. Andrew's Sobor, Edmonton, AB -
Metropolitan John
Priesthood - June 29th 2008 -
St. John's Cathedral, Edmonton, AB -
Metropolitan John
Pastoral Work:
Parish Priest for Bonnyville/St. Paul District -
September 2013 - Current
Parish Priest for Vancouver Island Parochial District - August 2009 - August 2013
Attached to St. Michael's - Aug. 08 - June 09
Deacon at St. Andrew's College -
Dec. 07 - July 08

The Good Old Days

By Caroline Malayko

Nowadays, families go to Mexico, cruises, Hawaii, you name it, for entertainment and a holiday.



Above: Rows of Perch

In the 30's and 40's we went blueberry picking and ice fishing. It never cost anything to do all these memorable things.

We would harness the horses to a democrat. We took hay for the horses and watered them in a creek nearby, not far from the blueberry and cranberry patches. The land west of the M. Hrushevski Hall was mostly pastureland and very sandy, not good for forage crops, but great for berries and mushrooms.

Mom would pack a lunch – mostly fried bacon or jam sandwiches. Maybe a few cookies or leftover cake from Sunday. What a treat!

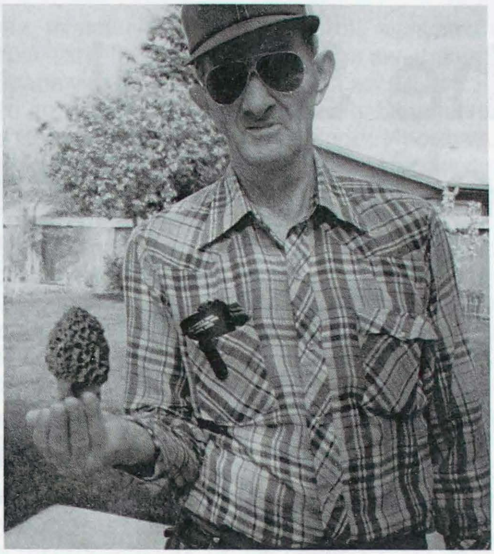
You got a 3-pound can from lard to pick in. Mom had the water pail and when your can was full you emptied it into the pail. Walter and I really did not want to pick berries. We would rather play hide and seek among the great poplars and spruce trees. Walter would fill his lard can halfway with grass then throw some berries on top and show mom. Of course he got a pat on the head while I continued picking. When the herd of cattle came around we all huddled together as there was usually a mean bull among the herd. We were very afraid of the bull. Not only that, someone usually stepped in "you know what" whenever we were picking. How could you look at the ground to watch where you were stepping when the patch was a sea of blue? And you know what? The herd was always wherever there were the most berries.

While driving past the Plupek farm, Natalka would be standing by the gate to catch a ride. To this day I can still visualize her waiting. This was not only food-gathering for the winter, it was a social event, like going on a picnic with a friend. She and my mom would set the berry-picking dates after attending mass at St. John the Baptist Church or at the hall. What great comraderie!

If you started eating the blueberries, you could not stop, so it took a long time to fill the pail. These berries became quarts and quarts of fruit. Delicious jam was made from the cranberries. Many a pie was made from both. Blueberries also made delicious pyrohy.

Then there were the white mushrooms. They grew in the meadows around the barnyards. After a rain they popped up everywhere.

About the middle of September there were the honey mushrooms or "peedpanky". They grew around stumps or



Above: Andy with a giant Morel

fallen trees, always in clumps, so your pail got full in no time. There were no freezers. Mom would dry them in the sun or oven. When dry enough, they were put into a white sack and hung to keep dry near a chimney.

The raspberries and saskatoons were picked on the fence lines and strawberries on the railroad tracks.

At the end of August, we picked high bush cranberries (kalyna). It was made into jelly and enjoyed during the winter months. Preparing cranberry jelly was a lot of work, but the work was worthwhile—cranberry has many healthful properties.

Andy and I would go ice fishing when the ice was thick enough to drive on. Out came our fishing tents, stools and ice auger. At Wabamun, there were hundreds of white fish even though they were not always biting. We always came home with at least a few. These were cleaned and bagged for the freezer.

Pigeon Lake, Hanmore, Floating Stone had delicious perch—hard to scale, but a nice treat to fry up in the frying pan.

Lake Isle had the Jackfish and pickerel. The pickerel were not easy to catch, however, we came home with a few of each. I usually caught the first fish. Guess what my children named me? Pecklina! Just like Ted Peck, the great fisherman. When the children asked Andy what he caught, he would say he caught a "Jackeral".

Every month of the year, some money-saving activity was planned. This prevented us from having to buy things at the store that we could not afford.

The end of August brought us beautiful apples from our apple tree, which has been producing for over 20 years. The apples are Battleford and make delicious apple pies and sauce.

Of course Andy's garden was always bountiful. The cucumbers were picked to make dills. Vegetables were frozen. The potatoes were put into storage in the cold room.

After almost 65 years of marriage, we had to give up many of our outings due to our health. The memories are there and sometimes I wish we could turn the clock back. However, with God's help, we will still do what we can.

God Bless.
Caroline Malayko

Below: R-L Caroline, Betty and Andy

The Sokal Scholarships Project

For ten years, the Alberta Provincial Executive of the Ukrainian Women's Association of Canada has organized the collection of monies to encourage essay-writing by the high school students of the Sokal region of Ukraine. The topic has always been "What I want to become and how I plan to achieve my goal".

On the occasion of the tenth anniversary of the Sokal Scholarships project chaired by Chrystyna Chase, International Affairs Convenor, here is an article to be published this summer in the Ukrainian newspaper "Holos z nad Buhu" or "Голос з над Бугу ".

УКРАЇНСЬКА ЮНЬ ДОСЯГНЕ МЕТИ,

незважаючи на війну і економічну нестабільність

Діти, як найчутливіший камертон, відчувають настрій часу. Тому й цьогорічні твори випускників, які брали участь у конкурсі «Ким я хочу бути? Як цього досягти?» мають дещо інше забарвлення, іншу тональність, аніж у попередні роки. У роздумах юних, їх почуттях і навіть мріях відчувається подих війни, економічної кризи. Про їх життєву позицію, про наміри розкажуть уривки творів.

«Через складну ситуацію в Україні бюджетні місця скоротилися, але це не зупинить мій шлях до мрії. Праця не лякає мене. Якщо потрібно буде поєднувати навчання і роботу – це не стане перепоною для мене. Вважаю, що кожна людина повинна віддати усі свої сили, всього себе для тієї роботи, про яку мрієш все життя» (Ярина Петринка, Сокальська СШ №3).

«… стати художником – не єдине, про що я мрію, а як і будь-який інший патріот України, хочу миру, хочу малювати свої картини в незалежній країні, хочу бачити вільних та щасливих людей. Тому готовий взяти зброю до рук і до останнього подиху захищати Батьківщину для того, щоб інші жили і творили в пам'ять про тих, хто загинув» (Володимир Нижинський, Двірцівська ЗШ).

«Україна, яка рухається у напрямку Європейського Союзу, має процвітати і розбудовуватися… тому молоде покоління архітектури вдихне в руїни сходу нове життя європейського рівня. Пройде час. Нове покоління з новими ідеями та винайденими технологіями додасть Україні нових барв, що повернуть її до життя» (Богдана Музичук, Сокальська гімназія імені Олега Романіва).

«Отож, стоячи на роздоріжжі, впевнено роблю вибір на користь фізики і точних наук. Планую продовжувати працювати над фізикою… Свій вибір вважаю актуальним, оскільки в нашій науці є величезний потенціал, який потрібно розробляти та використовувати… Україна переможе у цій війні, ми разом відновимо її та перетворимо на провідну країну у світі! Я вірю в це». (Оксана Головко, Великомостівський НВК «ЗШ І-ІІІ ст. – ліцей»).

Цим юнакам і юнкам по 16-17 літ. Проте вони вже не діти. Мабуть, сьогоднішня ситуація в Україні, війна на сході нашої держави, вплинули на випускників, на вибір їх професії. Вони готові до життєвих випробувань.

Вже вдесяте Благодійний фонд «Майбутнє України. Сокальщина» організовує конкурс на тему «Ким я хочу бути? Як цього досягти?» Проте цей проект не був би можливий, якби не меценати, які вже впродовж десяти років збирають кошти для проведення конкурсу, насамперед, для дітей із малозабезпечених родин. І так всі разом: і члени благодійного фонду в Сокалі, і меценати з-за кордону роблять справу, яка в душах дітей закладе почуття справедливості, чесності, бажання втілювати свою мрію. Тепер вони не лише пишуть твори, а й розмовляють з членами Фонду про майбутнє своє і України. І після кожної висловленої думки стають відвертішими, їм цікаво спілкуватися, їм хочеться висвітлити свою позицію. У цьому році чимало учасників конкурсу було з Двірців, Княжого, Угнова, а це досить далеко від Сокаля, і вчителі просили поспілкуватися з ними спочатку і швидше відпустити, бо добиратися далеко. Організатори конкурсу так і зробили, проте діти не хотіли йти, їм було цікаво послухати інших, подискутувати. Бо на цьому проекті їх трактують як особистість, як людину зі своїми переконаннями і бажанням не просто чогось досягти, а досягти вершин своєї мрії і бути корисним Українській державі.

Конкурсні випробування позаду. Настала приємна мить – вручення нагород. Ведуча на урочистостях Марія Христинич для кожного знайшла тепле і щире слово, і в стінах гостинної Сокальської ЗШ І-ІІІ ст. №5 запанувала родинна атмосфера. Естетичним обрамленням цього свята були виступи учнів школи. Присутні щиро аплодували за чудово виконані пісні, танці, смішні і дотепні сценки.

До слова запросили президента Фонду Юлія Лукомського, який по-батьківськи звернувся до дітей:

– Нашому проекту десять літ – ювілей. Ідея його створення зародилася в Канаді в осередку Союзу

українок м. Едмонтон. За втілення його в життя взялася Христина Чейз, а нині для неї це самовіддана жертовна праця, яка приносить задоволення і радість. У 2005 р. писали конкурсний твір тільки випускники сокальських шкіл, десять з них стали переможцями і отримали по 500 грн. Протягом десяти років проект не втрачав актуальності. До нього долучилися Австралія, яку представляв брат Христини, Олег Лукомський, США – центральна управа Союзу українок і союзянок Чикаго в особі Дарії Ярошевич, а також Англія (представник Андрій Лукомський). А у Сокалі організовує і забезпечує всі етапи проекту команда фонду «Майбутнє України. Сокальщина». У цьому році, як і у минулі, у конкурсі взяли участь випускники всіх шкіл. Кількість учасників – рекордна – 69 осіб, з них двоє учасників здобули гран-прі (по 1700 грн.), перші місця посіли шістнадцять учнів (по 1600 грн.), другі – 27 випускників (по 1300 грн.) і 3 місце – двадцять чотири (1000 грн.) Чому ж проект видався таким живучим? Тому, що правильно обрана його ідеологія – українська діаспора допомагає талановитій молоді України з малозабезпечених родин, дбаючи про майбутнє держави. Усі представники Фонду з-за кордону – відповідальні, патріоти, жертовні, авторитетні українці. Дієздатна, інтелектуальна команда Фонду в Україні, кожен з членів якої має свій сектор діяльності, відповідно до свого досвіду, уміння й знання.

Цей проект конкретними справами, вагомою допомогою підтримав відділ освіти Сокальської РДА в особі його начальника Романа Монастирського:

– Думаю, що за десять років майже тисячу дітей отримали підтримку до самостійного життя як фінансову, так і чисто моральну, – сказав він, – бо їм допомогли переконатися, що вони обрали правильний фах і тепер треба докласти чимало зусиль, щоб мрія стала дійсністю. Хотів би, щоб ми всі разом подякували членам Фонду, які безкорисливо працюють і підтримують наших випускників, насамперед, тих, які цього найбільше потребують. Конкурс має статус міжнародного, нам дуже вагомо допомагають жертводавці з-за кордону, вдячні їм за це. Бо у наш час тяжко було б опиратися лише на здобутки нашої держави. Хоча сподіваємось і будемо шукати інші шляхи для підсилення цього благодійного Фонду. Шановні учасники, сподіваюсь, що в майбутньому ви отримаєте ще не одну нагороду за знання, наукові досягнення, сумлінну працю, бо саме вам розбудовувати Українську державу.

Спільний твір з думок учасників конкурсу, склала член Спілки письменників України Любов Бенедишин. Опісля дітей вітав президент фонду Юлій Лукомський, свою поетичну збірку дарувала їм поетеса Любов Бенедишин, і вони отримували грошові винагороди. До мікрофона підійшов цьогорічний переможець конкурсу, нинішній випускник гімназії імені Олега Романіва Денис Іванус, котрий донедавна мешкав у Донбасі, але через військові дії на його малій батьківщині, опинився у Сокалі. Він був вдячний за підтримку, проте підкреслював, що на Донбасі є дуже багато людей – справжні українці. Розчулена, але впевнена у завтрашньому щасливому мирному дні не лише своєму, а й всієї України була й інша виступаюча, випускниця Великомостівського НВК «ЗШ I-III ст. – ліцей» Зоряна Калініна.

Жертводавцям, членам Фонду сердечно дякували мама учасника конкурсу Алла Кішовар. Звичайно усі, причетні до Благодійного фонду «Майбутнє України. Сокальщина» бажають учасникам правильно обрати свою професію, та ще більше вони прагнуть, щоб ці діти не зійшли на манівці, а стали справжніми людьми, любили свій край, рідну Україну і працювали заради неї. Усі члени Фонду були щасливі, та мабуть, найбільше – Юлій Лукомський, який у такому поважному віці зумів зорганізувати цю добру справу. Справу, заради нашого майбутнього.

…Барвистою вийшла цьогорічна спільна світлина, бо більшість учасників конкурсу прийшли у вишиванках, саме цим національним атрибутом, підкреслюючи, що свого вони не цураються, а поважають і шанують, бо ж українці.

Оксана ПРОЦЬ.

You may also wish to consult:

1. the City of Sokal web site http://www.vsokali.com/ .

2. an article about the awards posted on May 29 at http://www.vsokali.com/%D0%BA%D0%B8%D0%BC-%D1%8F-%D1%85%D0%BE%D1%87%D1%83-%D0%B1%D1%83%D1%82%D0%B8-%D1%8F%D0%BA-%D1%8F-%D1%86%D1%8C%D0%BE%D0%B3%D0%BE-%D0%B4%D0%BE%D1%81%D1%8F%D0%B3%D0%BD%D1%83/.

3. a video of the awards presentations on YouTube using this link: https://www.youtube.com/watch?v=NBqKnNm9ckg.

4. the website of the newspaper "Голос з над Бугу" at http://golossokal.com.ua/.

Leona Bridges

For the Love of Gardening

Cherry, Cranberry or Chokecherry Jam, Jellies and Preserves Vyshnya (вишня), Kalyna (Калина) or Cheremkha (черемха)

Summertime is the season for making jams, jellies and other preserves. I have fond memories of my maternal grandmother, Frozina Kupchenko, and her tasty red currant jelly and large garden of rhubarb, crabapple trees, raspberry canes, and red currant and Nanking cherry bushes. Our family also enjoyed picking saskatoon berries, pin cherries, wild blueberries, chokecherries, gooseberries and other fruit common to the prairies, all from natural habitat that was virgin, lush and pristine. After a fall frost, the musky scent that filled the air gave notice it was time to pick the huge red clusters of kalyna. Foraging for nature's bounty was always great fun.

When we bought our house, Baba Kupchenko gave us three Nanking cherry bushes. Since then, we've acquired several rhubarb plants, a Valiant grapevine, Evans cherry trees and a couple of Haskap bushes, also called honeyberries. So began my experience of finding ways to use these bountiful crops. In this article, I will share some information and recipes about the Haskap, Evans cherry, Nanking cherry, chokecherry, cranberry, and saskatoon berry.

The first fruit trees to bloom are the Haskap (yellow flowers). Then the Nanking cherries bloom with pink buds and light pink blooms, followed by the Evans cherries with their white blooms. The grape vine is the last to leaf out before it produces grape buds.

The Haskap originated in Japan. It flowers in April or May and is ready to harvest in June. The berries are blue and are high in vitamin C, vitamin A, potassium, and fibre and are a good source of antioxidants[1,2]. The University of Saskatchewan is experimenting with producing varieties of Haskap that would be suitable for commercial purposes. The best variety for the home garden is called

Photo by Vivian Skakun - Hascap / Honeyberries leafed out with yellow blooms in April.

Photo by Vivian Skakun - Nanking Cherry Blossoms with pink buds and light pink flowers first week of May.

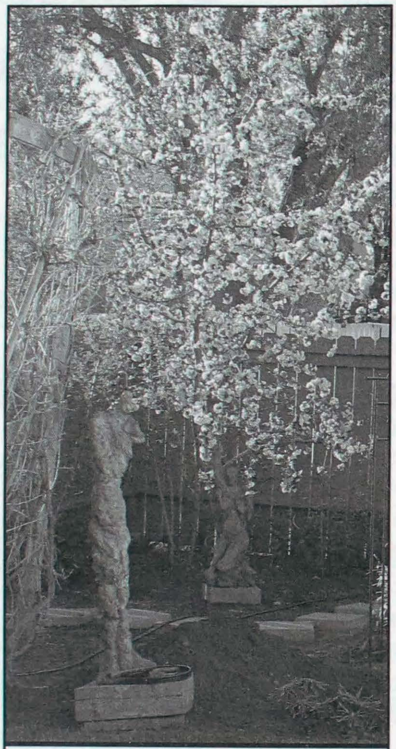
Borealis. For every five plants, a pollinator variety should be planted. The Haskap is a very hardy plant that can grow in Zone 2, will produce fruit in 2-3 years and can be used for wine, preserves and juice. Because the level of natural pectin is high in Haskaps, a commercial pectin is not required to make jam. The fruit can be used in any recipe that calls for blueberries and has a flavor that is like a blend of raspberries and blueberries.

The Nanking Cherry originated in China and Japan. It is hardy in Zone 2. Usually, Nanking cherries are ready to pick in July. Our preference is to make Nanking Cherry Jelly from the fruit. The fruit can also be used for pies and toppings for cheesecake.

Nanking Cherry Jelly[3.]

Ingredients: 6 cups cherry juice, 7 cups sugar, 1 box powdered fruit pectin.

Directions: Clean, wash and set 16 cups of Nanking cherries into a Dutch oven with 1¼ cups water. Bring this to a boil and simmer for 35 minutes. Then strain the juice. Measure 6 cups of juice and combine with the sugar and pectin crystals. Bring this mixture to a rolling boil. Boil for 2 minutes, stirring constantly. Remove from the burner, skim off the foam and ladle the jelly into sterilized jars. Seal and process in a boiling water bath for 10 minutes.



Evans Cherry Tree leafed out with white blooms end of May. Grape vine still to leaf out. Photo by Ernest Skakun

The Evans Cherry is hardy in Alberta (Zone 3), producing sour cherries suitable for cherry pies, sauces and dehydrating into fruit leathers. These cherries are bigger than the Nanking cherry and can be pitted. They freeze well for use later in the year. Cherry Sauce can be used for crisps, cheese cake topping and cherry pies. I prefer to process and preserve extra cherries in jars as a sauce. Author Carol Costenbader[4.] recommends using Clearjel as the thickening agent. This product was not available. Instead of Clearjel, I use Ultra Sperse, a product made from corn that is available locally at Barb's Kitchen Centre[5]. The sauce is bright red and satiny smooth, just like the commercial cherry pie filling.

Evans Cherry Sauce

Ingredients:

3½ cups pitted cherries
½ cup sugar
¼ cup plus 1 tablespoon Ultra Sperse[6].
1teaspoon lemon juice
¼ teaspoon almond flavoring

Directions: In a heavy saucepan, mix the cherries with half the sugar. Simmer until the fruit releases juices. Boil for one minute, stirring constantly. Blend Ultra Sperse with the remaining sugar and add to the hot cherries. Return to a full boil and boil for one minute, stirring constantly. Take the saucepan off the burner; add the lemon juice and the almond flavoring. Stir and fill hot sterilized jars. Seal and process in a boiling water bath for 10 minutes. Cool, label and store in a cool place. If the sauce is not thick enough or not sweet enough, adjust according to your preference.

Low-cal Jams with Pomona's Universal Pectin

Pomona's Pectin[7.] is excellent. You can create your own recipes. Instead of sugar, you can use sweeteners such as honey, agave, maple syrup, frozen juice concentrate[8.] or you can make your jams without sugar. The quantity of fruit can be less than what is required for one recipe using regular pectin products. Jams with reduced sugar will last about three weeks in the refrigerator. Recent publications recommend that these jams and jellies be processed in a water bath for better storage. Pomona's Pectin can be found in health

Clockwise from top left: Photo by Ernest Skakun - Evans Cherries ready to pick; Photo by Vivian Skaku - Evans Cherries Ready for cleaning, pitting and processing; Photo by Vivian Skakun - Pitting Washed Cherries for Processing Using Cherry Pitter; Photo by Vivian Skakun - Evans Cherry Sauce Processed.

food stores, such as Planet Organic in Edmonton, AB.

Evans Cherry and Raspberry Jam Using Pomona's Universal Pectin

The contents of a box of Pomona's Universal Pectin includes an instruction sheet, a small packet with calcium powder and a larger packet with pectin. Before you begin making your jam, you need to prepare calcium water by combining ½ teaspoon calcium powder with ½ cup of water in a small jar. Cover and shake well. Store in the refrigerator for use as required for jam and jelly recipes.

Ingredients:

4 cups Evans cherries pitted
2 cups raspberries mashed (sieve out seeds partly if desired)
4 tablespoons lemon juice
3 teaspoons calcium water
1½ cups of honey
3 teaspoons Pomona's Pectin

Directions: In a saucepan, combine your prepared Evans cherries and raspberries. Add the lemon juice and calcium water. Mix well. Combine the honey with the pectin powder, mix thoroughly and set aside.

On high heat, bring the fruit to a boil. Add the pectin and honey mixture, stirring constantly. Continue to stir for two minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam comes to a full boil, remove it from heat. Fill prepared sterilized jars with jam to the neck of the jar. Wipe the rim and place hot lids on the jar and seal. Place the jars in a water bath and boil for 10 minutes.

Jams without Pectin

Saskatoon berries, highbush cranberries and rhubarb have a high level of natural pectin and don't require commercial pectin. Both the high fibre and the high pectin in this fruit make this a very healthy choice.

Saskatoon berries are a good source of calcium, potassium, copper, carotene and are an excellent source of manganese, magnesium and iron[9].

Saskatoon Jam without Pectin (Aunt Diane's recipe)

Ingredients:

3 cups saskatoon berries
4 cups rhubarb
3 cups sugar

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1. Deobald, Betty Ann (2012, July 5, Western Producer, p. 24) Haskap packs in the flavor for tasty recipes.
2. Hamilton, Charles (2010, March 4 The Western Producer pp. 34-35, www.producer.com) Haskap berries suited for Prairies
3. Recipe provided by ATCO Blue Flame Kitchen (www.atcoblueflamekitchen.com) Preserves, Jellies, Jam p. 3
4. Costenbader, Carol W. (1997, p.16) The Big Book of Preserving the Harvest, A Storey Publishing Book
5. Barb's Kitchen Centre, Phone (780) 437-3134 web site: www.barbskitchen.com
6. 1 Tablespoon cornstarch + 1 ½ Tablespoons of Ultra sperse or
2 Tablespoons tapioca = 1 ½ Tablespoons Ultra sperse
7. Pomona's Pectin on website: www.pomonapectin.com Check out the book: Preserving with Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method of Crafting and Canning Jams, Jellies, Conserves and More by Allison Carroll Duffy.
8. Deobald, Betty Ann (2014, July 31, Western Producer, p. 23) Enjoy summer fruit year round with low-cal jam, jelly
9. Delahey, Liz (1998, August 20, Western Producer, p. 68, Farm Living) Missaskquahtoomina, Saskatoons, saskatoons
10. Dinstel, Roders and Marci Johnson (March 2013, www.uaf.edu/ces) Highbush Cranberries, Cooperative Extension Service, University of Alaska Fairbanks
11. Recipes provided by ATCO Blue Flame Kitchen (www.atcoblueflamekitchen.com) http://www.atcoblueflamekitchen.com/Recipes/Recipe-Box/HIGHBUSH-CRANBERRY-JELLY
12. Dinstel, Roxie Rodgers (March, 2013, www.uaf.edu/ces) Chokecherries, Cooperative Extension Service, University of Alaska Fairbanks
13. Recipes provided by ATCO Blue Flame Kitchen (www.atcoblueflamekitchen.com) http://www.atcoblueflamekitchen.com/Recipes/Recipe-Box/CHOKECHERRY-JELLY

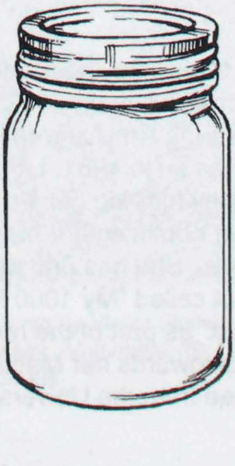
Directions: Clean and wash the saskatoons. Clean and cut the rhubarb into pieces. Crush the saskatoons with a masher. Cook the rhubarb, adding a little water if needed. In a Dutch oven mix the cooked rhubarb, the crushed saskatoon berries and the sugar. Bring to boil and cook for 10 minutes. Pour into sterilized jars, cover with hot lid and process in water bath for 10 minutes to seal.

Highbush Cranberry[10] or Kalyna is a good source of vitamin C, vitamin A and is an antioxidant.

Highbush Cranberry Jelly[11]

To make jelly without added pectin, cranberries should be picked in the yellow stage when they are just turning red. To prepare juice, place cranberries in a Dutch oven. Add just enough water to cover. Bring to a boil; reduce heat and simmer, covered until berries are soft. Strain through a jelly bag. Add 1cup (250mL) sugar for each cup (250mL) of juice. Stir until sugar is dissolved. Bring mixture to a boil and boil rapidly until jelly stage is reached. Remove from heat and skim foam if necessary. Pour into sterilized jars, leaving ¼ inch (6mm) headspace. Wipe jar rim thoroughly. Seal and process in a boiling water bath for 10 minutes.

Cheremkha (черемха) Chokecherry[12] is a purple-black fruit that is ready to pick in the fall. The seeds, stems and leaves are toxic, so care needs to be taken to take all the stems off. This fruit is a good source of fibre, vitamin K, vitamin B6, manganese and potassium.



Chokecherry Jelly with Pectin[13]

Ingredients:

12 cups (3L) ripe chokecherries
2½ cups (625 mL) water
1 pkg (57 g) Certo Crystals
3½ cups (875 mL) sugar

Directions: To prepare juice, place chokecherries and water in a non-reactive Dutch oven. Bring to a boil; reduce heat and simmer, covered, for 15 minutes. Strain through a jelly bag. Measure 2½ cups (625mL) juice into a non-reactive Dutch oven. Stir Certo into juice. Place over high heat and bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving ¼ inch (6mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. Yield: 5 cups (1.25L).

If you are interested in more recipes for your home-grown fruit or the fruit that you have foraged, you can consult any of the sources found in the notes below. Have a wonderful time experimenting! May you enjoy the fruits of your labour!

Vivian Skakun

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St. Romanus, the melodist

Larisa Sembaliuk Cheladyn's

"MY 1000 PILLOW PROJECT"

(PART 1)

Introduction: Our National Ukrainian Women's Association of Canada's (UWAC) emblem, the smoloskyp, represents passing the torch of our love of our faith and our culture to the next generation. When it comes to preserving our cultural and religious heritage, Larisa Sembaliuk Cheladyn is the "jewel in our crown" as she has dedicated her artistic career to reflecting her own deep love and appreciation of our rich Ukrainian Canadian heritage.

Above: Photo provided by Larisa Sembaliuk Cheladyn-Onufrijchuk collection of embroidered pillows at "What's New?" U of A Exhibition that was held at Enterprise Square Galleries from April 23-May23, 2015

Artistic Portfolio: Larisa Semabaliuk Cheladyn[1], world-renowned Canadian artist, exhibited many of her paintings the world over. These have been featured in the last issue of Promin. Larisa's career portfolio includes many major solo exhibitions, illustrations in books and textbooks, lectures and workshops, as well as community work that has resulted in a financial benefit to various community organizations in Alberta, in Canada and abroad.

Larisa's Passion and Dedication: When Larisa is commissioned to undertake a project, she does a thorough study of her subject as she envisions, creates and crafts her watercolour masterpieces. Historical, religious and educational organizations and foundations call upon Larisa to share her passion. She has worked with many educators, students and other artists such as dance choreographers, musicians and authors. Larisa's art includes motifs such as wheat, special breads, kalyna, Easter eggs, embroidered rushnyky, banduras, violins, shawls, trunks, crosses, dancers' costumes, and other cultural and religious items. It is not unusual to find a motif in her art that has a direct link to a personal and sentimental artifact from her own family's rich cultural heritage and appreciation of art.

Three awards that Larisa received to acknowledge her outstanding achievements and contributions to the community are "U of A Alumni Honour Award 2010", "Woman of Vision – May 2005" and "City of Edmonton Salute to Excellence Arts Achievement Award" 2002.

Education: Having graduated from the University of Alberta with a Fine Arts Degree in Art and Design in 1981, Larisa is currently fulfilling her life long goal of obtaining her Master's Degree. She has undertaken a project called "My 1000 Pillow Project" as part of the requirements towards her Master's Degree from the University of

Alberta, The Kule Institute for Advanced Study and The Bohdan Medwidsky Ukrainian Folklore Archives. Larisa's goal is to collect 1,000 embroidered cushions (podushky - подушки) or photographs of cushions, record their stories across the generations, and create a multimedia art installation about them and their connection to our Ukrainian Canadian cultural identity.

Winnipeg: The Ukrainian Pioneer Association of Alberta invited the public to hear Larisa's presentation called "Collecting Memories: The Ukrainian-Canadian Embroidered Pillow" held April 19, 2015 at the Solarium of the St. John's Ukrainian Orthodox Cathedral Cultural Centre in Edmonton, Alberta.

Larisa's topic for her Master's Thesis project was inspired when she traveled to Winnipeg, Manitoba along with Andrij Nahachewsky, Director of the Kule Centre for Ukrainian and Canadian Folklore, and Maryna Chernyavska, Researcher in the Kule Folklore Centre, to accept a large archival and folklore donation from Roman Onufrijchuk[2]. The collection of artifacts belonged to Roman and his parents, Fedir Onufrijchuk and Ludmilla (Pavliuk) Onufrijchuk, and included artifacts from Roman's maternal grandparents, Judge Anton Pavliuk and Olha Pavliuk. This collection consisted of libraries; personal notes; 4,000 photographs depicting life in Canada, Ukraine, and in the European displacement camps; almost 300 embroidered pieces made by Roman's mother, Ludmilla, and his baba, Olha Pavliuk; plus hundreds of other artifacts[3].

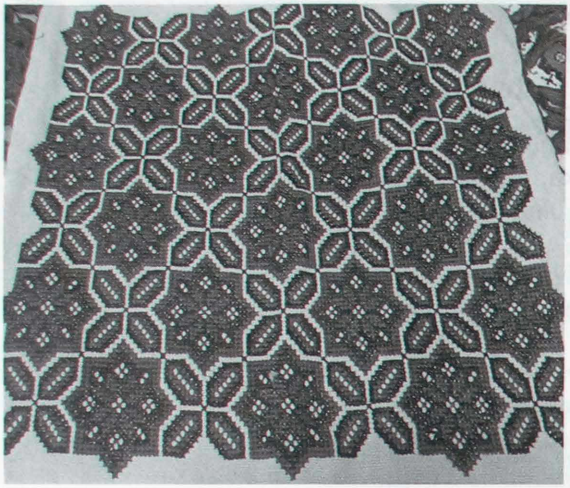
Above: Photo by Vivian Skakun Embroidered Pillow by Mrs. Malanchuk (Sr.) Early 1950's Edmonton AB

Treasure Trove: Selecting a Master's Thesis (MA) topic of research is a major requirement for the completion of a MA and can sometimes be a challenge. Larisa's "eureka moment" for her inspiration to enrol in the Master's Program at the U of A and her choice of topic occurred while she was interviewing Roman Onufrijchuk

Above: Photo by Vivian Skakun Embroidered by Larisa's Great Grandmother Anastasia Kozniuk ca. 1930 near Willingdon, AB

about his baba's and his mother's embroidery and its significance to them. The trunk of pillows and textiles was a treasure trove.

This collection of artifacts provided materials to explore embroidery and its significance not only from the cultural, but also from the social and historical perspective for different assignments and different courses. In Larisa's words, "Stitched objects communicate powerful ideas to those who understand a needle's language"[4]. This was showcased in an exhibition called "Stitched Narratives" in which Larisa featured two dresses that were sewn and embroidered by Olha Pavliuk and Ludmilla Onufrijchuk. This exhibition, co-curated with Larisa, her professor, Dr. Anne Bissonnette, and her classmates, conveyed the message that stitches communicate something about the people,



Above: Photo by Vivian Skakun Embroidered by Larisa's Grandmother Elizabeth (Kozniuk) Sembaliuk ca. 1945 near Willingdon, AB

the region, the community, style and the times in quite a different way compared to communication with speech or paper and pen.

Embroidered Pillows (Подушки) When Larisa saw the Onufrijchuk collection of twenty embroidered pillow covers or cushion covers, she saw these as pieces of art and was inspired. She wondered how they were made, the source of the patterns and reason for their popularity. In her research, she found that of the three items prevalent in Ukrainian home décor, the rushnyky, pysanky and podushky, very little is written about the embroidered pillow, making this an even greater motivation to research her topic of choice. She recalled seeing the embroidered cushions on the chesterfield at her Baba's place, at the homes of her friends, and while caroling. Since they are no longer part of home décor, she wondered what became of them.

Larisa has therefore undertaken to collect 1,000 cushions, with the intent of researching the answer to six questions: who made them, where were they made, when were they made, what materials were used, what were the common sources of inspiration and what kind of traditions are associated with them.

Part of Larisa's research includes traveling across Canada to answer her six questions. Before going on tour, she tested her technique by interviewing and collecting her data from the three families she visited.

Larisa shared the data based on her interviews of three families and their personal stories regarding the traditions, uses and history of their pillows. She studied each pillow's shape, size, checked the dominant stitches, the pattern orientation of the pillows and included information on a map of Canada, tracing some of the pillows' routes. She reflected and reviewed this prototype for required improvements before setting off June 7 – July 7, 2015 for her field study of "podushky".

Her display included a summary of this information on a chart, as well as pillows from her grandmother, Elizabeth (Kozniuk) Sembaliuk, and great-grandmother, Anastasia Kozniuk that were embroidered around 1945 and 1930 respectively in the region around Willingdon, Alberta.

We look forward to Larisa's full account of her field study and completed multimedia installation and exhibition of her 1,000 pillows in the spring of 2016.

Vivian Skakun

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1. About Larisa - Art by Larisa: www.artbylarisa.com/about.aspx
2. Personal Notes provided by Larisa Sembaliuk Cheladyn for her Pillow Talk held at Ukrainian Pioneer Association's AGM on April 19, 2015
3. Ibid.
4. Ibid.

IN MEMORIAM
КВІТИ НЕЗАБУТНІМ

Софія Василишин

Бувша голова Краєвої Урпави СУК та одна з основательок журналу "Променя", Софія Василишин народилася в Саскачевані, в рідні Степана й Варвари Дербавки. В часі свого членства занімала в Товаристві різні становища. Діяльність у Товаристві почалась 1928-го року і вже тоді Софія, молоденька вчителька в Борден, Саскачевані, зорганізувала відділ жіночого товариства й була його головою перші два роки.

1930-го року, Софія прибула на вчительську посаду до Смокі Лейк, Альберта, а 1931-го року з Софією одружився учитель, Петро Василишин, і молоде супружжя цілковито присвятилося суспільній праці. За почином Софії Василишин, зорганізувалися два відділи, а це 1931 року в Стрию і 1932 року в Спедден.

Цього ж року, Петро Василишин перебрав ректорство Інституту ім. Михайла Грушевського, а дружина, Софія, стала членом Союзу Українок Канади—Відділ при Українській Православній Парафії св. Івана. Софія відразу взяла на себе керівні ролі в Відділі. Для підтримки рідної традиції, вона влаштовувала практичні лекції печення пасок для молодшого жіноцтва—членів Товариства, для дівчат—мешканців Інституту св. Івана, та для СУМКівців.

1949-го року, Софія з допомогою інших зорганізувала Молодший СУМК. З нагоди 25-тиріччя Молодшого СУМКу, вона склала історію цієї організації й відчитала під час святкування. За трудову працю для Союзу Українок Канади при Відділі св. Івана Софію Василишин відзначено Почесною Членкою.

Софія також занімала всякі становища при Провінційній Управі Альберти та при Краєвій Управі. Вона була Краєвою Головою чотири роки. Протягом цих років, вона заклала тривкі основи для публікації "Променя". Вона теж була авторкою посібника інструкцій для голів комітетів при Відділах СУК.

Софія виховала дві дочки—Дарусю і Христю; обі вони—свідомі українки, виховані в Відділі СУК при Катедрі св. Івана, поступили опісля до університету й покінчили студії з дипломом.*

У світлу незабутню пам'ять своєї дорогої матері, Софії Василишин, яка упокоїлася 16-го квітня, 2002 р. в місті Едмонтоні, Альберта, висловлюють щиру вдячність і пошану за безмежну любов і мудрість, яку дорога їхня мама постійно надавала їм, та за її невід'ємний вклад у заснування журналу "Промінь", який вдержився та процвітає понад 50 років пізніше. В її пам'ять, складають пожертву в сумі $100 як нев'янучий вінок на журнал "Промінь".

Дочки Даруся Кір і Христина Улян

* <u>Історія Відділу Союзу Українок Канади при Катедрі св. Івана</u>. Редакторка Іванна Дженис, Едмонтон, 1979 р., стор. 33-34.

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ARTIST IN THE SPOTLIGHT

Kathleen Todoruk, Fashion Designer

"Bringing Back the Atelier" (French for "workshop/studio") is the philosophy behind the couture studio of Todoruk Designs. The perception exists that the garment industry thrives only in meccas like Paris, London, Milan and NYC. Not so. The current interest in men's bespoke*, a growing circle of ready-to-wear designers, and the demand for women's couture have grown immensely over the last five years. Edmonton has seen an influx in clothing designers through pop-up shops, one-of-a-kind shows and small studios. Much has changed since the days of Levi Strauss, White Stag and Marv Holland clothing. Now the desire to dress in a unique way, either through minimalism or articulate detail, has a growing interest.

What has been realized at Todoruk Designs is that fabric alone does not a garment make. The imagination, the creativity and uniqueness of the design transforms wool or silk into clothes we yearn to skip into. It's important to determine function and the design with the best textiles to compliment the couture look. Understanding the lifestyle and needs of the client is paramount for any design. Alongside the function, a designer must realize that each client has 'something to say' when wearing any piece.

The couture experience in the studio involves a consultation, extensive measurements (there are no size tags in couture!), followed up with sketches. The best textile options are discussed to accommodate the design and the desires of the client. Says owner/designer Kathleen Todoruk, "When I designed ready to wear many years ago, my pieces successfully sold...but I never knew if the clients continued to love them over time. This is what I truly love about couture. You develop a relationship with your clients, come to understand their

Above: Todoruk Designs

lives and design their wardrobe world." Many artists know that their work is an extension of their spirit. It is how they express themselves. When another human being wears 'one's work', it's simply the best reward. Kathleen never felt this when designing ready-to-wear.

Kathleen Todoruk's lengthy career spans the worlds of dance, skating and red carpet award events (five of them in 2014 alone). Moreover, she has an ever-growing couture clientele. She also loves to participate in local fundraising through Kids with Cancer House, Fashion for Compassion House (Breast Cancer patients) and the Edmonton Down Syndrome Society. These charities allow Kathleen to put her design skills to use for good causes.

Kathleen's vision in design began at the University of Alberta with a BSc in Home Economics. Today, students from the former faculty (now the department of Human Ecology) spend their practicum time in Todoruk's Mercer Warehouse studio for six weeks practising real couture with an assigned client of their own. Aside from sharing the experience with her student interns, Kathleen also wants to show that couture is an option for everyone...not just for the elite. The value of having couture designed for you goes beyond the perfect fit...it compliments your lifestyle and can be enjoyed for many years. Can you say that about all of the off-the-rack clothes you buy? Couture must be seen as sustainable, an investment in yourself, a gift of quality to yourself. You work hard for your salary in Canada and you deserve quality clothes.

Furthermore, style shouldn't be disposable. Less is more. Rather than throwing clothes away, it is environmentally desirable to wear out our favourite fashions, carefully designed, sewn and created to last.

What inspires Kathleen the most is the ultimate pairing of a beautiful textile wrapped around an ever more beautiful personality.

Kathleen Todoruk
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*Bespoke tailoring is men's clothing made to an individual buyer's specification by a tailor. The distinguishing points of bespoke tailoring are the buyer's total control over the fabric used, the features and fit, and the way the garment should be made. n

Bespoke tailoring - Wikipedia, the free encyclopedia
https://en.wikipedia.org/wiki/Bespoke_tailoring

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